



MORTEL'S
COOKERY BOOK

MOFFATS



ELECTRIC RANGES

START RIGHT

Important Information for Operating MOFFATS ELECTRIC RANGES

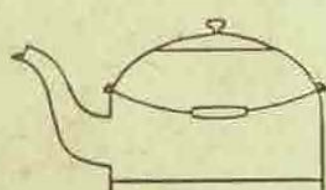
Read Your Directions Carefully
Before Operating Range

FIRST—Before using the oven, turn on top and bottom elements full until the temperature reaches 400 degrees. Then turn off both elements and allow to cool, this will remove any odours that may be in the new oven.

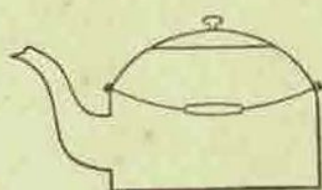
Before starting to bake always put oven rack on **bottom ledge**.

If oven is heated over 600 degrees it will destroy the thermometer.

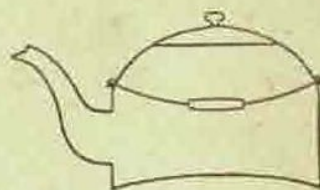
The wire coils in the elements **must not** be touched.



Wrong



Right



Wrong

For Open Top Elements, 110 Volts.

Do not use kettles with legs on or a rim around the bottom—old toasters with loose wire—curling tongs—forks—spoons—as anything metallic touching the element coils and the body of the range at the same time will cause a short circuit, and cut the burner coils in two. We are not responsible for this and it does not come under our guarantee.

Always use flat bottom cooking utensils on top elements.

Care must be taken not to heat the oven over 600 degrees. It is not necessary in baking. We are not responsible when thermometers are damaged through carelessness in this way.

Use a soft cloth with a little motor engine oil, on the black Japan, enamel, and nickel parts.

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To make your top elements last a long time and save electric current—do not allow contents in vessel to boil over. You have high, medium, and low elements with three heats on each to overcome this difficulty; use pots and kettles that cover the elements. Turn the elements to low or simmering heat before contents have reached the boiling point. Switch handle turns both ways.

Do not leave the kitchen with elements going full. Turn them down to low.

Asbestos mats must not be used on the top elements.

If your elements fail to work, examine the wire coils in the elements with a piece of wood and if they are broken, a short has been made, then a renewal is necessary. If the wire coils are not broken **examine the fuse plugs in the range**, then the distribution box and switch box in the basement. If these are all right, probably the fuse on the street poles is blown out. Notice if any of the wires are loose at the terminals. Tighten up, using the two thin wrenches which go with every range. Do not allow the bottom nut to turn, as this will break a wire.

In putting in a new fuse plug, be sure and put in the same number of amps. as you take out. Fuse plugs are not guaranteed.

Oven Ventilator **must not** be closed or connected with any pipe.

If there is steam from oven when baking the temperature was too low when the baking was placed in oven. Raise the temperature, using your own good judgment, and steam will disappear.

In Roasting Meat—to get that delicious flavour and retain all the juices, turn on the top and bottom elements full until the thermometer points to 450 degrees, then put the roast in the oven, leaving both burners on full from

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3 to 5 minutes to sear the meat. Then turn off the top burner altogether and leave the bottom burner at low. The heat in the oven should go down slowly. Allow about 30 minutes to the pound for small roasts and 25 minutes to the pound on large ones. **Do not use any water in the roasting pan,** it is not necessary in Moffats Electric ovens. **Neither is it necessary to baste the roast or open the oven door during the roasting.**

On a large 10 pound roast it is better to leave both top and bottom elements on low for half an hour after searing, then turn bottom to low for the rest of the time required.

Grilling or Broiling retains all the juices, makes meat more tender and delicious than frying. Not necessary to heat oven while grilling—only use top element. **THE ELEMENT IS TOO HOT** if there is a considerable amount of smoke. Door may be left open about two inches when grilling if desired.

For steaks, chops, pork tenderloins, sausages, bacon and eggs, etc., put the meat on the bottom of grilling pan (or any pan about one inch deep) turn on top burner in oven full heat, when red, place pan close to top burner, leave about 5 minutes, turn and leave about 5 minutes more, then lower pan and finish slowly. Allow about 10 minutes for a thin steak or about 15 minutes for one an inch thick.

For bacon and eggs put pan 4 to 5 inches from element. When the bacon is almost done, drop in the eggs, finishing very slowly with the burner at medium or low heat.

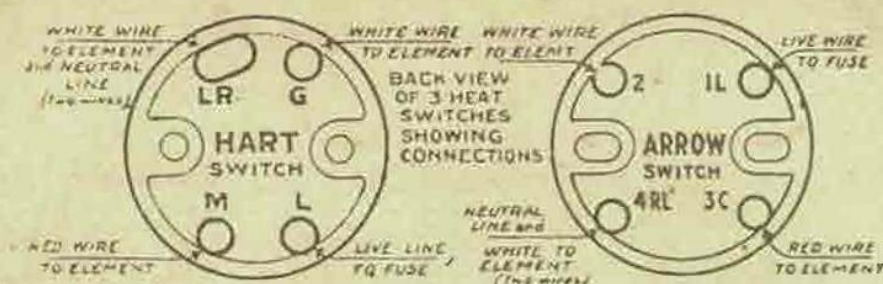
If there is any smoke coming from the ventilator when roasting and grilling meats, or any sizzling, the temperature in oven is far too hot. Reducing the heat will also reduce your monthly electric bill and give better results.

Remove grilling pan from oven when not in use.

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Crisp dry toast may also be made in this way, using the oven rack.

Do not keep food in oven when range is not in use.

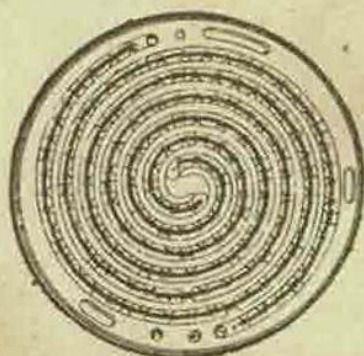


To remove the top element, first cut off the power, then remove one iron button that holds the element in the top, turn the element upside down (use the 2 steel wrenches that go with each range), with one wrench hold the second nut and with the other loosen the first nut. **Do not allow the terminal bolt to turn.** When replacing burner, red wire from switch must be attached to red terminal bolt on burner, using small washer and nut. Make very tight, using the two steel wrenches.

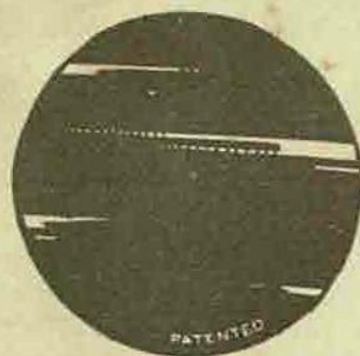
When the oven has reached the proper temperature do not use the top element when baking.

Common Salt, which is sodium chloride, is destructive to the chromium in the coils; when you see a yellow stain on the porcelain disc, this is salt. **Keep it away from the coils.**

Moffats
Open
Element



Moffats
Protected
Element



Do not open oven door when baking, follow the recipe temperature and time, and your own good judgment.

To hold the oven at a certain temperature put the top and bottom elements at low heat.

COOKING SUGGESTIONS FOR HEALTH

HOW many backaches are traced to a low sink? The average height is 29" to 30", whereas for the majority of us it should be 34" to 36" or high enough to prevent unnecessary bending.

To clean your white enamel sink use a little coal oil. Scouring powders destroy the polished surface of the enamel and make it harder to clean.

A generous lump of washing soda in boiling water will keep the trap under the sink clean.

Oatmeal, standing at the head of the list of cereals which prove the best possible food for the growing child, should be cooked while the evening meal is being prepared. One cup of cereal to five cups of water may be placed in a double boiler and cooked slowly while dinner is cooking. The next morning it needs only to be re-heated.

Biscuits need not be a last moment concern of the housewife. Biscuit dough may be mixed, the biscuits cut out and placed on the pans ready to go into the oven; then they may be put into the ice box and allowed to remain all day or over night. If put into a hot oven, they rise immediately and are even more delightful than when baked immediately after mixing.

Enough pie crust for several pies may be mixed at one time, if placed in a cool place or in the ice box. It will remain in good condition for several days, ready to be filled and baked whenever needed.

In a small family it is greater economy to bake the full amount of a recipe in the form of one layer and a half dozen cup cakes, rather than to make a large cake. A single layer may be cut in half and put together to form a two-layer cake, which is sufficiently large to serve four people.

A basic recipe for cookies calling for 1 cup sugar, $\frac{1}{2}$ cup shortening, 2 eggs, $\frac{1}{4}$ teaspoon salt, $2\frac{1}{2}$ cups flour, 2 teaspoons baking powder, 3 tablespoons milk or water, may be varied by adding spices, nuts, cocoanut, chocolate,

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or by baking in different forms. Cookie dough may be made and only a portion of it used, the rest put into the ice box and kept for several days until a fresh supply of cookies is needed.

In many households where it is the custom to serve bacon for breakfast, bacon fat accumulates. This may be clarified and used as shortening in making biscuits or pie crust.

In the grocery stores or delicatessens, prepared marshmallow filling for use in sauces and icings may be purchased. This may be made at home by heating one cup of sugar with one-third cup of water, until syrup spins a thread, adding one teaspoon of granulated gelatine which has been dissolved in cold water and stirring the syrup into the stiffly beaten whites of two eggs. This sauce may be kept on hand and simply heated slightly by placing in a can of hot water and beaten to the desired thickness when ready to use.

Salad dressing may be made at home at small cost and in the exact quantities desired. One of the most economical features in its making is the means it affords of utilizing egg yolks which are left when the whites have been used for meringues. A jar of home-made salad dressing has been kept in the ice box for a month until used and has kept perfectly.

The housewife who has to prepare lunch for children coming home from school, will find a soup kettle a most economical institution. The bones from Sunday's roast may form the base of soup stock for a week, and to this stock may be added other left-over meats, all sorts of vegetable trimmings, such as celery leaves, and many other small amounts of food which would otherwise be wasted.

Cream soups of most delicious flavour may be made from the water in which any fresh vegetable is cooked. For example, it is wasteful to throw away the water in which asparagus, celery, onions, or peas have been cooked. This water contains most valuable mineral salts and the flavouring constituents of the vegetable, and should be combined

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with milk to make cream soups. A small amount of the cooked vegetable may be added, if desired.

In cooking potatoes it is a saving of time and labour to cook enough for two meals. From the cooked potatoes, scalloped potatoes, potatoes au gratin, or potato salad may be prepared, as well as the more ordinary fried or mashed potatoes.

A casserole affords an opportunity for making cooking economies. In the use of left-overs, left-over meat may be combined with rice or spaghetti to form a substantial made-dish for the main part of a meal, or the cheaper cuts of meat may be utilized with cereals or vegetables to provide a one-piece meal.

A casserole or covered baking dish provides the most economical way of cooking chicken. It is a slow cooking process which does away with the heating of the kitchen at the last moment and is a most efficient method of conserving flavour.

The casserole is also an economy in the cooking of vegetables without any water by baking or scalloping them while the oven is cooking a roast.

If cocoa is served to children for breakfast or for a hurried lunch, instead of making it fresh each time, a syrup may be prepared of the cocoa, sugar and water, and this kept on hand to be added to heated milk when desired. This insures thorough cooking of the cocoa, which is necessary to render it easily digestible, and to bring out the full flavour.

CANNING

Fruits and vegetables may be canned in the oven as well as the boiling method, with the best results and great saving of labour.

After cleaning and preparing the fruit pack in the jars one inch from the top, pour syrup over the fruit, put on new rubber rings and top, but do not screw down tight. Place the jars in a cold oven on the bottom wire shelf one

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inch apart. Turn bottom element on only. Do not allow the temperature to exceed 250 degrees. Time one hour.

Use your alarm clock for timing.

For thin syrup: 1 part sugar, 3 parts water. Medium syrup: 1 part sugar, 2 parts water. Thick syrup: 1 part sugar, 1 part water. To prepare, bring to boiling point, then allow to cool.

In all baking there are two kinds of flour, Hard and Soft. Hard flour is made from No. 1 hard Manitoba wheat, which is used for making bread and puffed pastry.

Soft flour is made from Ontario or Domestic wheat and is the ideal flour for all other kinds of baking.

Thorough, practical tests have been made and you will always find that the ordinary blue polished sheet iron baking pan gives the best results in all kinds of baking.

ICE BOX ROLLS

1 cup milk
1 teaspoon salt
 $\frac{2}{3}$ cup shortening
 $\frac{2}{3}$ cup sugar
2 eggs

2 quarts flour
1 cup mashed potatoes
1 yeast cake dissolved in $\frac{1}{2}$
cup warm water

Scald milk, add shortening, sugar, salt, potatoes and mix well. Stir in eggs, well beaten, and yeast. Add flour to make a stiff dough, set aside in ice box until ready to use. Cut off and bake in greased muffin tins. Put in oven at 375-400 degrees. These may be kept two or three days, or even a week.

TEA BISCUITS AND SCONES

3 cups mixed flour
3 teaspoons baking powder

$\frac{1}{4}$ cup of sugar
 $\frac{1}{4}$ cup of lard

Mix with milk.

3 ozs. currants or raisins may be added if desired. Put in oven at 425-450 degrees. Baking time—10 minutes.

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BAKING BREAD BY QUICK METHOD

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|----------------------------|---------------------------------------|
| 12 cups flour, hard | 2 teaspoons salt |
| 2 cakes Fleischman's Yeast | 1 tablespoon sugar |
| | $\frac{1}{4}$ cup of shortening, warm |

Put flour into a bowl and rub shortening into it, then dissolve sugar, salt and yeast in a quart of warm water, then pour into bowl and mix adding more water to make a soft dough, cover and put in a warm place for about 2 hours, then pounce down, let stand for another hour, then knead and weigh, put into pans, and when it rises in pan put into oven and bake. Same dough may be used for making bread rolls.

About 2 quarts water to mix dough makes ten sixteen ounce loaves. Put in oven at 375-400 degrees. Baking time—1 hour.

DATE LOAF

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| 1 cup dates | 1 teaspoon soda |
| 1 cup boiling water | 1 teaspoon vanilla |
| $\frac{3}{4}$ cup brown sugar | $\frac{1}{8}$ teaspoon salt |
| 1 teaspoon butter | $\frac{1}{2}$ cup walnuts |
| 1 egg | $1\frac{1}{2}$ cups of flour |

Cut dates fine, dissolve soda in boiling water, add to dates and leave till cool. Then add to the creamed butter and sugar and beaten egg. Put in oven at 325-350 degrees. Baking time— $\frac{3}{4}$ hour.

BUTTERSCOTCH COOKIES

In a bowl put—

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| 1 cup sifted brown sugar | $\frac{1}{2}$ teaspoonful cream tartar |
| 1 egg, well beaten | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup melted butter | 1 teaspoon flavouring |
| $1\frac{3}{4}$ cups flour, sifted | $1\frac{1}{2}$ cups nut meats |
| $\frac{1}{2}$ teaspoon salt | |

Mix thoroughly, pack in waxed paper. Line pan and chill in refrigerator until quite cold. Slice thin and bake at 350-375 degrees. Turn top element off and bottom to low. Baking time—12 minutes.

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COOKIES

4 cups flour, soft $\frac{1}{2}$ cup of butter
1 cup granulated sugar 3 eggs

3 small teaspoons baking powder, sufficient milk to make a dough to roll out with rolling pin. Put in oven at 425-450 degrees. Turn top element off and bottom to low. Baking time—15 minutes.

MOLASSES COOKIES

2 cups of molasses 1 teaspoon of soda
1 cup water 5 cups flour
 $\frac{1}{2}$ cup sugar $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ cup butter

Mix up into a dough and roll out thin, cut out with fancy cutters. Put in oven at 375-400 degrees. Turn top element off and bottom to low. Baking time—15 minutes.

HEALTH MUFFINS

2 cups wholewheat flour $\frac{3}{4}$ cup brown sugar
 $\frac{1}{4}$ teaspoon salt $\frac{1}{2}$ cup shortening
1 level teaspoon baking soda 1 egg well beaten
 1 cup sour milk

If sweet milk is used, add 2 teaspoons baking powder, instead of soda.

Raisins, currants or dates may be added if desired.

Mixture makes one dozen muffins.

Put in oven at 375-400 degrees. Turn top element off and bottom to low. Baking time—20 minutes.

DATE BARS

1 cup flour 3 cups chopped stoned dates
2 teaspoons baking powder 1 cup sugar
1 teaspoon vanilla 3 eggs
1 cup chopped nut meats 2 tablespoons water

Sift dry ingredients together, add nuts and dates and mix well. Beat together egg yolks, vanilla and water and add. Last fold in stiffly beaten egg whites. Spread on baking sheets and bake until dry. Cut into bars while hot and roll in confectioners' sugar. Will keep several weeks.

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SCOTCH SHORT CAKE

2 cups flour, soft
1 cup butter
 $\frac{1}{2}$ cup yellow sugar

$\frac{1}{2}$ teaspoon baking powder
1 large egg

Cream the butter, sugar and egg well, then draw in the flour and mix well into a smooth dough. Makes 2 eight inch cakes. Put in oven at 275-300 degrees. Turn top element off and bottom to low. Baking time—20 minutes.

COCOANUT MACAROONS

3 egg whites beaten stiff
1 cup white sugar with

2 teaspoons flour added to
beaten eggs

Put on in double boiler till sugar dissolves for seven minutes. Remove from stove, and add $\frac{1}{2}$ pound of cocoanut and flavouring. Drop on buttered paper. Put in oven at 325-350 degrees. Turn top element off and bottom to low. Baking time—20 minutes.

ANGEL FOOD CAKE

$1\frac{1}{4}$ cups egg whites
 $1\frac{1}{2}$ cups sugar
1 cup flour

1 teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon salt
1 teaspoon flavouring

Beat egg whites until stiff, adding cream of tartar when they start to foam. Sift sugar 4 times, and fold into eggs, one tablespoon at a time. Sift flour 4 times and fold in same way. Add flavouring last. Bake in an ungreased tube pan. Put in oven at 275-300 degrees. Turn top element off and bottom to low. Baking time—1 hour. Invert on rack when done and allow to cool thoroughly before removing from pan.

LAYER CAKE

2 cups flour, soft
1 cup of sugar
 $\frac{1}{2}$ cup of butter
3 eggs

2 teaspoons of baking powder
1 cup of milk

This mixture makes four eight inch cakes. Put in oven at 375-400 degrees. Turn top element off and bottom to low. Baking time—20 minutes.

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FRUIT LOAF OR COFFEE CAKE

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|---------------------------------|-----------------------------|
| 6 cups of flour, hard | 2 teaspoons of cinnamon |
| 1 cup of sugar | 2 yeast cakes, Fleischman's |
| $\frac{3}{4}$ cup of shortening | |
| $2\frac{1}{2}$ cups of raisins | |

Mix with warm milk. Put in oven at 325-350 degrees. Turn top element off and bottom to low. Baking time—1 hour, for one-and-a-half pound loaf.

Same mixture may be used for any kind of fancy sweet rolls.

LIGHT FRUIT CAKE

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| $2\frac{1}{4}$ cups of flour, soft | 2 cups of raisins |
| 1 cup of granulated sugar | 1 cup of currants |
| 1 cup of butter | 3 eggs |

A small quantity of vanilla extract and almond oil, about one pint of milk and 2 small teaspoons baking powder. Put in oven at 325-350 degrees. Turn top element off and bottom to low. Baking time— $1\frac{1}{2}$ hours for a three pound cake.

FRUIT CAKE

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| 4 cups of flour, soft | 8 eggs |
| $2\frac{1}{2}$ cups of yellow sugar | 3 tablespoons syrup |
| $2\frac{1}{2}$ cups of butter | $\frac{1}{4}$ teaspoon each cinnamon,
nutmeg and allspice |
| $\frac{1}{2}$ pound mixed peel
cut fine | $\frac{1}{2}$ pound chopped almonds |
| 3 pounds raisins | 1 small teaspoon baking
powder |
| 2 pounds currants | |

Put in oven at 300-325 degrees. Turn top element off and bottom to low. Baking time—4 hours, for a five pound cake.

PIE CRUST

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|-----------------------------|-----------------------------|
| 4 cups of flour, soft | 1 teaspoon of baking powder |
| $1\frac{1}{2}$ cups of lard | A little salt |

Rub lard into flour, then mix into nice soft dough with cold water. This quantity makes eight pies. Put in oven at 400-425 degrees. Turn top element off and bottom to low. Baking time—20 minutes. Pies with more filling require longer time to bake.

LEMON CUSTARD PIE

1 cup sugar
2 tablespoons flour
1 cup milk

Yolks of 2 eggs
Rind and juice of 1 lemon
Whites of 2 eggs

Mix sugar, butter, flour, the yolks of eggs and the grated rind and lemon juice. Then add the milk, and lastly the whites of eggs beaten stiff, should be folded in. Bake with one crust.

APPLE CHEESE PIE

5 or 6 apples
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon mace
1 tablespoon butter

Cut apples fine. Add sugar, salt and spice and stir well. Mix thoroughly, with apples. Turn into pie pan lined with crust. Dot with small pieces of butter or fat. Roll out top crust, sprinkle with $\frac{1}{4}$ cup grated cheese; then roll lightly. Put on pie, pushing crust towards centre and pressing off edges. Put in oven at 325-350 degrees. Turn top element off and bottom to low. Baking time—50 minutes.

STEAMED PUDDING

$\frac{1}{2}$ cup butter
1 cup sugar
 $2\frac{1}{4}$ cups flour
 $3\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup milk
4 egg whites
1 cup of any of these fruits:
black currants, blueberries,
cherries, etc.

Cream the butter, add sugar gradually, sift the flour, baking powder and salt, and mix alternately with milk. Add the stiffly beaten egg whites, fold in the fruit and steam in buttered pan. Time, two hours in a Moffat Steamer. Serve with suitable sauce.

PRUNE SOUFFLE

$\frac{1}{8}$ pound prunes
1 teaspoon lemon juice

$\frac{1}{2}$ cup sugar
3 egg whites

Cook prunes, seed and run through strainer. Add sugar, thicken, then add lemon juice and egg whites well beaten. Pile lightly in buttered baking dish and put in oven at 300-325 degrees. Turn top element off and bottom to low. Baking time—30 minutes.

M O F F A T R A N G E S

There is no better Porcelain Enamel made than Moffats, but owing to the fact that all Porcelain Enamel is made from the same fragile material as glass or china it must be handled with care. We do not guarantee against chipping or any kind of stains caused by steam, fumes, overheating or liquids such as tea, coffee, vinegar, grease, boiling-overs. If these are not wiped off immediately they will
bake
not be removed.

